

THE
ENGLISHMANS
DOCTER.

OR,

The Schoole of Salerne.

OR,

Physicall Obseruations for the perfect
Preseruing of the body of Man in con-
tinuall health.



LONDON

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THE
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The School of Science.

OR,
Physical Observations for the perfect
Preservation of the body of Man in con-
tinual health.



LONDON:
Printed by John Hume, and John Bury,
at the School of Science, in the Strand,
near the Theatre Royal, in the year
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THE PRINTER

to the Reader.

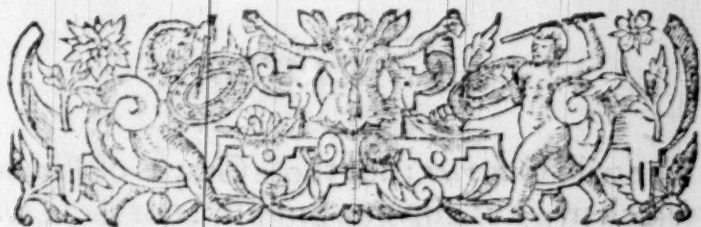


Reader, the care that I haue of thy health, appears in bestowing these Physicall rules vppon thee: neither needest thou be ashamed to take Lessons out of this school, for our best Doctors scorne not to read the instructions. It is a little Academia, where euery man may be a Graduate, and proceed Doctor in the ordering of his owne body. It is a Garden, where all things grow that are necessarie for thy healthe. This medicinable Tree grewe first in Salerne, from thence it was remoued and hath born both fruit and blossomes a long time in England. It is now replanted in a wholsom ground, and new earth cast about it, by the hand of a cunning Gardiner,

To the Reader.

diner, to keepe it still in flourishing. Much good husbandry is bestowed vpon it: yet whatsoeuer the cost be, thou reapest the sweetnesse of it for a small value. It came to me by chance as a Iewell that is found, whereof notwithstanding I am not couetous, but part the Treasure amongst my countrymen. The Author of the paines, is to me unknowne, and I put this child of his into the open world without his consent: bring it vp therefore well I beseech thee, and hope (as I do) that he will not be angry, finding this a traueler abroad, who by his trauel, so many of his owne country, are so manifoldly benefited.

Farewell.



Ad Librum.

GO booke, and (like a Marchant) new ariu'd,
Tel in how strange a traffick thou hast thriu'd
Vpon the Country which the Sea-god saues,
And loues so dere, he bindes it round with waues:
Cast Anchor thou, and inpos't pay to him
Whose Swans vpon the brest of *ISIS* swim;
But to the people that do loue to buy,
(It skills not for how much) each Nouelty,
Proclaime an open Mart, and sell good cheap,
What thou by trauell and much cost doest reape.
Bid the Gay Courtier, and coy-Ladie come,
The Lawyer, Townsman, & the country-groom,
Tis ware for all: yet thus much let them know,
There are no drugs here fetcht from *Mexico*.
Nor gold from *India*, nor that stinking smoake,
Which English gallants buy, themselvs to choak.
Nor Silkes of *Turkie*, nor of *Barbary*,
Those luscious *Canes*, where our rich Sugars lie:
Nor those hot drinks that make our wits to dance
The

Ad Librum.

The wild *Canaries* : nor those Grapes of *France* ;
which make vs clip our English : nor those wares
Of fertile *Belgia*, whose wom^e e compares
With all the world for fruit, tho now with scarres
Her body be all ore defac't by warres :
Go, tel them what thou bringst, exceeds the welth
Of all these Contries, for thou bringst them helth.



In Librum.

WIt, Learning, Order, Elegance of Phrase,
Health, and the Art to lengthen out our dayes,
Phylosophy, Physicke, and Poesie,
And that skill which death lones not, (Surgery)
Walkes to refresh vs, Ayres most sweet and cleare,
A chirsty Table, and the wholsomst cheare,
All sorts of graine, all sorts of Flesh, of Fish,
Of fowl, and (last of all) of fruits a seuerall dish:
Good Breakefasts, Dinners, Suppers, after-meales,
The hearbe for Sallards, and the hearbe that heales,
Physicians Counsell, Pottecaries pils,
(Without the summing up of costly bils.)
Wines that the braine shall nere intoxicate,
Strong Ale and Beere at a more easie rate
Than Water from the Fountaine: cloths (not deere)
For the foure seuerall quarters of the yeare.
Meats both for Protestant and Puritan,
With meanes sufficient to maintaine a man,
If all these things thou wantst, no farther looke,
All this, and more than this, lies in this booke.

Anonimus.

In Laudem Operis.

THe Gods upon a time in counsell sitting,
(To rule the world) what Creature was most fitting
At length from God to God this sentence ran,
To forme a creature like themſelues (call'd Man,)
Being made, the world was giuen him, (built ſo rarely,)
No workemen can come neere it : hung ſo fairely,
that the Gods viewing it, were ouer-ioyed,
Yet green'd, that it ſhould one day be deſtroyed.
Gardens had Man to walke in, ſet with trees
That ſtill were bearing : But (neglecting theſe)
He long'd for fruites unlawfull, ſell to riots,
Wasted his goodly body by ill dyets,
Spent (what was left him) like a prodigall heyre,
And had of earth, of hell, or heauen no care,
For which the earth was curſt, and brought forth weeds
Poſſon euen lurking in our fayreſt ſeeds,
Halfe heauen was hid, and did in darknes mourne,
Whilſt hell kept fires continual, that ſhould burne
His very ſoule, if ſtil it went awry,
And giue it torments that ſhould neuer die,
Yet loe ? How bleſt is man ? the Deities,
Built up this Schoole of Health, to make him wiſe.

THE SALERNE SCHOOLE.

THe Salerne Schoole doth by these lines impart,
All health to *Englands King*, and doth advise
From care his head to keepe, from wrath his hart.
Drinke not much wine, sup light, and soone arise,
When meat is gone long sitting breedeth smart :
And after noone still waking keepe your eies,
When mou'd you find your selfe to *Natures Need*
Forbeare them not, for that much danger breeds,
Use three Physicians still, first Doctor *Quiet*,
Next Doctor *Mery-man*, and Doctor *Dyet*.



Rise early in the morne, and straight remember
With water cold to wash your hands and Eyes,
In gentle fashion retching euery member,
And to refresh your braine when as you rise,
In heat, in cold, in *Iuly*, and *December*,
Both comb your head, & rub your teeth likewise:
If bled you haue, keep coole, if bath'd keep warm,
If din'd, to stand or walke will do no harme.
3. things preserue y^e sight, *Glasse*, *Grasse*, & *Fountains*
At *Euen* springs, at morning visit *mountaines*.

If

THE SALERNE SCHOOLE.

If R: be in the mouth, their iudgements erre,
That thinke that sleepe in afternoone is good,
If R: be not therein, some men there are,
That thinke a little nap breeds no ill blood,
But if you shall heerein exceed too farre,
It hurts your health, it cannot be withstood:
Long sleep at afternoones by stirring fumes,
Breeds *Slowth and Agewes, Aking head & Rheums*
The moysture bred in Breast, in lawes, and Nose,
All cold Catarrs, or Tyfique, or the Pose.



Great harms haue grown, & Maladies exceeding
By keeping in a little blast of wind,
So *Cramps, & Poppies, Collicks* haue their breeding,
And *Mazed Braines* for want of vent behind.
Besides we find in stories worth the reading,
A certaine *Roman Emperor* was so kind,
Claudius by name, he made a Proclamation,
A *Scape* to be no losse of reputation,
Great suppers do the stomacke much offend,
Sup light if quyet you to sleepe intend.

THE SALERNE SCHOOLE.

To keepe good dyer, you should neuer feed,
Vntill you find your stomacke cleane and voide,
Of former eaten meats, for they do breed
Repletion, and will cause you soone be cloid,
None other rule but appetite should need, (void
When from your mouth a moisture cleare doeth
All *Peares and Apples, Feaches, Milke, & Cheese,*
Salt meats, red Deere, Hare, Beefe and Goat: al these
Are meats that breed ill blood, and Melancholy,
If sicke you be, to feed on them were folly.



Egges newly laid, are nutritiue to eat,
And roasted Reere are easie to digest.
¶ Fresh *Gascoign* wine is good to drink with meat
Broth strengthens nature aboue all the rest,
But broath prepar'd with flowre of finest wheate:
Well boyld, and full of fat for such are best.
¶ The *Priests* rule is (a *Priests* rule shold be true,)
Those Egges are best, are long, and white, & new,
Remember eating new laid Egges and soft,
For euery Egge you eat you drinke as oft.

Fine

THE SALERNE SCHOOLE.

Fine *Manchet* feeds to fat, *Milke* fills the vaines,
New Cheese doth nourish, so doth flesh of swine,
The Dowcets of some beaulty, the marrow, brains,
And all sweet-tasting-flesh, and pleasant wine,
Soft Eggs (a cleanly dish in house of *Swains*.)
Ripe Figs and Rayfins, late come from the Vine:
Chuse wine you meane shal serue you all the year,
Well-fauour'd, tasting well, and color'd cleere.
Fives qualities there are, wines praise aduancing,
Strong, Beawysfull, and Fragrant, coole, and dauncing.



White *Muskatell* and Candy wine, and Greeke,
Do make mens wits and bodies grosse and fat:
Red wine doth make the voyce oft time to seek,
And hath a binding quality to that,
Canary and *Madera*, both are like
To make one Leane indeed, (but wot you what,)
Who say they make one lean wold make one lasse
They meane, they make one leane vpon a flasse.
Wine, women, Baths, by Art or Nature warme,
Vsd or abus'd, do men much good or harme.

THE *SALERNE* *SCHOOLE*.

Six things that heere in order shall insue,
Against all poysons haue a secret poure.
Peares, Garlick, Reddish-roots, Nuts, Rape, & Rew,
But *Garlicke* cheete, for they that it deuoure,
May drink, and care not who their drink do brew
May walke in ayres infected euery houre:
Sith *Garlicke* then hath poure to saue from death,
Beare with it though it make vnsauoury breath:
And scorne not *Garlicke* like to some, that think
It onely makes men winke, and drinke, and stink.



Though all ill saours do not breed infection,
Yet sure infection commeth most by smelling,
Who smelleth still perfumed, his complexion
Is not perfum'd by Poet *Martials* telling,
Yet for your lodging roomes giue this direction,
In houses where you mind to make your dwelling
That nere the same there be no euil scents
Of Puddle-waters, or of excrements.
Let ayre be cleare and light, & free from faultes,
That come of secret passages and vaults.

If

THE S^ALERNE SCHOOLE.

If wine haue ouer night a surfer brought,
A thing we wish to you should happen seeld
Then early in the morning drinke a draught,
And that a kind of remedy shall yeeld,
But gainst all surfets vertues schoole hath taught,
To make the gift of temperance a sheeld :
The better wines do breed the better humours,
The worse, are causes of vnwholesome tumors :
In measure drinke, let wine be ripe, not thicke,
But cleere and well alaid, and fresh, and quicke.



The like aduice we give you for your beere,
We will it be not soure, and yet be stale,
Well boyld, of harty graine, and old, and cleare,
Nor drinke too much, nor let it bee to stale :
And as there be foure seasons in the yeare,
In each a severall order keepe you shall.
In *Spring*, your dinner must not much exceed,
In *Summers* heat, but little meat shal need :
In *Autumne*, ware you eat not too much fruit,
With *Winters* cold, full meals do fittest sute.

THE S A L E R N E S C H O O L E.

If in your drinke you mingle *Rhem* with *Sage*,
All poyson is expeld by power of those,
And if you would withall lusts heat asswage,
Adde to them two the Gentle-floure of Rose:

¶ Who would not be Sea-sick when seas do rage,
Sage-water drinke with Wine before he goes.

¶ *Salt, Garlicke, Parsely, Pepper, Sage, and Wine,*
Make sawces for all meats both course and fine,
Of washing of your hands much good doth ryse,
Tis wholesome, cleanly, and releuees your eyes.



Eate not your bread too stale, nor eat it hot,
A little Leuend, hollow-bak't and light:
Not fresh, of purest grain that can be got,
The crust breeds choller both of brown & white,
Yet let it be well bak't or eat it nor,
How ere your tast therein may take delight.

¶ *Porke* without vvine it not so good to eate
As *Sheepe*, with wine, it medicine is and meate,
Tho Intrailes of a beast be not the best,
Yet are some intrayles better then the rest.

THE *SALERNE* SCHOOLE.

Some loue to drinke new wine not fully fin'd,
But for your health we wish that you drink none,
For such to dangerous Fluxes are enclin'd,
Besids the Lees of vvine doth breed the stone.
Some to drinke onely vvater are assign'd:
But such by our consent shall drinke alone,
For vvater and small beere vve make no question
Are enemies to health and good digestion:
And *Horace* in a verse of his rehearles,
That *Water-drinkers* neuer made good verses.



The choysse of meats to health doth much auayle,
First *Veale* is holsom meat, & breeds good blood
So Capon, Hen, and Chicken, Partridge, Quaille,
The Pheasant, woodcock, Lark & Thrush be good
The Heath-cock holsome is, the Doue, the Raile,
And all that do not much delight in mud, (you,
Fair swans, such loue your beuties make me bear
That in the dish I easily could forbear you,
Good sport it is to see a *Mallard* kild,
But with their flesh your flesh should not be fil'd.

As

THE SALERNE SCHOOLE.

As choyce you make of Fowle, so make of Fish,
If so that kind be soft, the great be best,
If firme, then small, and many in a dish:
I need not name, al kinds are in request,
Pyke, Trout, and Pearch from water fresh I wish,
From Sea, *Bace, Mullet, Brean, & Soules* are best:
The *Pyke* a rauening Tyrant is iu water,
yet he on Land good meat yeelds neare the later.
If *Eeles* and *Cheese* you eat, they make you hoarse
But drinke apace thereto, and then no force.



Some loue at meals to drink smal draughts & oft,
But fancie may heerein, and custome guid,
If Eggs you eat they must be new and soft,
In peaze good qualities, and bad are tryed,
To take them with the skin that growes aloft,
They vvinde be, but good without their hide.
In great consumptions learn'd Phisitians thinke,
Tis good a *Goat* or *Camels* milke to drinke,
Comes-milke and *Sheepes* do wel, but yet an *Asses*,
Is best of all, and all the other passles.

THE S A L E R N E S C H O O L E.

Milke is for *Agues* and for *Headache* naught,
Yet if from *Agues* fit you feelee you free,
Sweet-Butter wholesome is, as some haue taught,
To clense and purge some paines that inward be :
¶ *Whay* though it be contemn'd, yet it is thought,
To scour, and clense, and purge in due degree :
¶ For healthy men may cheese be holefome food,
But for the weake and sickly tis not good,
Cheese is an heauie meat, and grosse, and cold,
And breedeth Costuenesse both new and old.



Cheese makes complaint that men on wrong suspi-
Do slander it, and say it doth such harme,
That they conceale his many good conditions,
How oft it helps a stomacke cold to warme,
How fasting tis prescrib'd by some Physitions,
To those to whom the flux doth giue Alarm :
We see the better sort thereof doth eate,
To make as twere a period of their meat,
The poorer sort when other meat is scant,
For hunger eate it to releue their want.

THE S A L E R N E S C H O O L E.

Although you may drinke often while you dine,
Yet after dinner touch not once the cup,
I know that some Physitions do asigne
To take some liquor straight before they sup:
But whether this be meant by Broth or wine,
A controuerſie, it is not yettane vp:
To cloſe your ſtomacke well, this order ſutes,
Cheeſe after *Fleſh*, *Nuts* after *Fish* or *Fruits*.
Yet ſome haue ſaid, (beleeeue them as you will)
One *Nut* doth good, two hurt, the third doth kill.



Some *Nut*, gainſt poiſon is preſeruatiue,
Peares wanting *Wine*, are poyſon from the tree,
But bak't *Peares* counted are reſtoratiue,
Raw-Peares a poyſon, Bak't a Medicine be:
Bak't *Peares*, a Weak-dead-ſtomacke do reuiue,
Kaw-Peares are heauy to diſgeſt we ſee,
Drinke after *Peares*, take after *Apples* order
To haue a place to purge your ſelfe of ordure.
Ripe *Cherries* breed good bloud, & help the ſtone,
If *Cherry* you do eat, and *Cherry-ſtone*.

THE S^ALERNE SCHOOLE.

Coole, *Damfens* are, and good for helth by reason
They make your intrailles soluble and slacke,
Let *Peaches* sleepe in vvine of newest season,
Nuts hurt their teeth, & with their teeth the cracke
With euery *Nut* is good to eat a Reason,
For though they hurt the *splene* they help the back
A plaister made of *Figges* by some mens telling,
Is good against all kirkels, Boyles, and swelling,
With *Poppy* ioyn'd, it drawes out bones are broke
By *Figs* are lice engendred, Lust prouoken.



Fat *Medlers* if you haue a loosenes gotten,
They bind, and yet your vrine they augment,
They haue one name more fit to be forgotten,
While hard and sound they be they be not spent,
Good *Medlers* are not ripe till seeming rotten.
For meddling much with *Medlers* some are shent.

New *Rhennish-wine* stirs vrine, doeth not binde
But rather loose the Belly, breeding wind,
Ale, humours breeds, it addes both flesh & force,
Tis loosing, coole, and vrine doth inforce.

Sharp

THE S^ALERNE SCHOOLE.

Sharpe Vinegar doth coole, withall it dries,
And giues to some ill humor good correction :
It makes one melancholy, hurts their eyes,
Nor making fat, nor mending their complection:
It lessens *sperms*, makes appetite to rise,
Both tast and scent is good against infection.
¶ The *Turnep* hurts the stomach, wind it breedeth
Stirs vrine, hurts his teeth thereon that feederth :
Who much therof wil feed, may wish our Nation
Would well allow of *Glandius* proclamation.



It followes now what part of euery beast
Is best to eat : first, know the Hart is ill,
It is both hard, and heauy to digest,
The *Tripe*, with no good iuice our flesh doth fill :
The Lites, are light, yet but in small request:
But outer parts are best in Physickes skill.
¶ If any braines be good, (which is a question,)
Hennes braine is best, and lightest of digestion :
¶ In *Fennell-seed* this vertue you shall find,
Forth of your lower parts to driue the wind.

Of

THE S^ALERNE SCHOOLE.

Of *Fennell* vertues foura they do recite,
First, it hath power some poysons to expell,
Next burning Agues it will put to flight,
The stomacke it doth cense, and comfort well :
And fourthly it doth keepe and cense the sight,
And thus the Seed and Herbe doth both excell.
Yet for the two last told ; if any seede
With *Fennell* may compare, tis *Annis-seed* :
Some *Anny-seeds* be sweet, and some more bitter,
For pleasure these, for medicine those are fitter.



*Dame Nature*s reason, far surmounts our reading,
We feele effects, the causes oft vnkowne,
who knows y^e cause why *Spodiū* stāceth bleeding,
(*Spodium*, but ashes of an Oxes bone.)
We learne herein to praise his power exceeding,
That vertue gaue to vwood, to herbes, to stone.
The Liuer, *Spodium* : *Mace*, the hart delightes,
The braine likes *Muske*, and *Lycoras* the Lites,
The spleen is thoght much comforted with *Caers*
In stomacke, *Gallingale* allayes ill Vapors.

Sauce,

THE S^ALERNE S^CHOOLE.

Sauce would be set with meat vpon the Table,
Salt is good sawce, and had with great facility :
Salt makes vnflauory vyands, manducable,
To driue some poisons out, *Salt* hath ability,
yet things too salt are nere commendable:
They hurt the sight, in nature cause debility,
The scab and itch on them are euer breeding,
The which on meats too salt, are often feeding :
Salt should be first remou'd, and first set downe,
At Table of the Knight, and of the Clovvne.



As Tasts are diuers, so phisitions hold
They haue as sundry qualities and power,
Some burning are, some temperate, some cold,
Cold are these three: the *Tart*, the *Sharpe*, the *sour*:
Salt, bitter, biting, burne as hath bin told,
Sweet, fat, and fresh, are temprate euery houre.

¶ Foure speciall vertues hath a sop in wine,
It maketh the teeth white, it cleares the eyne,
It addes vnto an empty stomacke fulnes,
And from a stomack fil'd, it takes the dulnes.

If to

THE SALERNE SCHOOLE.

If to an vse you haue your selfe betaken,
Of any diet, make no sudden change,
A custome is not easily forsaken,
yea though it better were, yet seemes it strange,
Long vse is as a second nature taken.
With nature custome walkes in equall range.
¶ Good dyet is a perfect way of curing,
And worthy much regard and health assuring.
A King that cannot rule him in his dyet,
Will hardly rule his Realme in peace and quyet.



They that in Physicke will prescribe you food,
Six things must note we here in order touch,
First: *What it is*: and then, *for what tis good*,
And *When*; and *Where*; *How often*; and *how much*,
Who note not this, it cannot be withstood,
They hurt, not heale, yet are too many such.
¶ *Coleworts* broth doth loose, the substance bind,
Thus play they, fast and loose, and all behind.
But yet if at one time you take them both,
The substance shall giue place vnto the broth.

In

THE S^ALERNE SCHOOLE.

In Phisicke *Mallows* hath much reputation,
Their very name of *Mellow* seemes to sound,
The roote thereof will giue a kind purgation,
By them both men and women good haue found.
To womens monthly flowers they giue laxation,
They make men soluble that haue bin bounde,
And least we seeme in *Mallows* praises partiall.
Long since hath *Horace* praised them & *Marial*.
¶ The worms that gnaw the womb & neuer slint
Are kil'd, and purg'd, & driuē away with *Mint*.



But who can write thy worth (ô soueraigne *sage*.)
Some ask how men can die, where thou dost grow
Oh that there were a *Medicine* curing age,
Death comes at last, tho death come nere so slow:
sage strengths the sinews, *Feauers* heat doth swage,
The *Palsie* helps, and rids of mickle woe,
In Latine (*Salvia*) takes the name of safety,
In English (*Sage*) is rather wise then crafty:
Sith then the name betokens wise, and sauing,
We count it natures friend, and worth the hauing.
Take

THE S A L E R N E S C H O O L E.

Take *sage* and *Primrose*, *Laurender*, and *Cresses*,
With *Walwort* that doth grow twixt lime & stone
For he that of these hearbes the iuice expresses,
And mix with povvder of a *Castor-stone*,
May breed their ease whom *Palsie* much oppresses
Or if this breed not helpe, then looke for none.

¶ *Rew* is a Noble hearbe to giue it right,
To chew it fasting it will purge the sight,
One quality thereof yet blame I must,
It makes men chaste, and women fil with lust.



Fayre Ladies if these Phisicke rules be true,
That *Rew* hath such strange qualities as these,
Eat little *Rew*, leaſt your good hushands (*REVV*)
And breed betweene you both a shrow'd disease.
Rew, vvhetts the wit, and more to pleasure you,
In water boyld, it rids a roome of fleas.
I would not to you Ladies, *Onyons* praise,
Saue that they make one fayre (*Æsclepius* saies)
yet taking them requires some good direction,
They are not good alike for each complexion.

IF

THE *SALERNE* *SCHOOLE*.

If vnto *Choller* men be much inclin'd,
Tis thought that *Onyons* are not good for those,
But if a man be *Flegmatique* (by kind)
It does his stomacke good, as some suppose,
For Oyntment Iuyce of *Onyons* is assign'd
To heads whose hayre fells faster then it growes :
If *Onyons* cannot helpe in such mishap,
A man must get him a *Gregorian* cap.
And if your hound by hap should bite his master,
With *Hony*, *Rer*, and *Onions* make a plaister.



The seed of *Mustard* is the smallest graine,
And yet the force thereof is very great,
It hath a present power to purge the braine,
It addes vnto the stomacke force and heat :
All poyson it expels, and it is plaine,
With sugar tis a passing sauce for meat.
She that hath hap a husband bad to bury,
And is therefore in hart not sad but merry :
yet if in shew good manners she will keepe,
Onions and *Mustardseed* will make her weepe.

Though

THE SALERNE SCHOOLE.

Though *Violets* smell sweet, *Nettles* offensive,
yet each in seuerall kind much good procure,
The first doth purge the heauie head and pensive
Recouers surfets, Falling sicknes cures :

Tho *Nettles* stinke, yet make they recompence,
If your bellie by the Collicke paine indures:
Against the Collicke Nettle-seed and Hony,
Is Phisicke: better none is had for money,
It breedeth sleep, staies vomits, fleams doth softe,
It helps him of the Gowt that eats it often.




Cleane *Hysop* is an Herbe to purge and cleanse,
Raw Flegmes, & hurtfull humors from the brest,
The same vnto the Lungs great comfort lends,
With Honey boild : but farre aboue the rest,
It giues good colour, and complection mends,
And is therefore with women in request :

With Hony mixt, *Cinquefoyle* cures the Canker,
That eats our inward parts with cruell ranker,
But mixt with Wine, it helps a greeued side,
And staies the vomit, and the Laske beside.

Elle-

THE SALERNE SCHOOLE.

Ellecompane strengthens each inward part,
A little loosenes is thereby prouoken :
It swageth greefe of mind, it cheeres the heart,
Allayeth wrath, and makes a man sayre spoken :
And drunke with *Rew* in Wine, it doeth impart,
Great helpe to those that haue their bellies brokē,
Let them that vnto choller much incline,
Drinke *Penny-royall* steeped in their wine,
And some affirme, that they haue found by tryall
The paine of Gowt is cur'd by *Penny-royall*.



To tell all *Cresses* vertues long it were,
But diuers patients vnto that are debter,
It helps the teeth, it giues to bald men haire,
With Hony mixt, it *Ring-worme* kills & *Tettar* :
But let not women that would children beare,
Feed much thereof, for they to fast were better.

An herbe there is takes of the swallows name,
And by the Swallows gets no little fame,
For *Pliny* writes, (tho some thereof make doubt)
It helps young Swallows eies, when they are out.

Greene

THE S. ALERNE SCHOOLE.

Greene Willow though in scorne it oft is vs'd,
yet some there are in it not scornfull parts,
It killeth wormes, the iuice in eares infus'd,
With Vineger : the barke destroyeth Warts.
But at one quality I much haue mus'd,
That addes and bates much of his good desertes,
For writers old and new, both ours and forren,
Affirme the seed make yvomen chaste and barren.
Take Saffron if your hart make glad you will,
But not to much, for that the heart may kill.




Greene Leekes are good as some Physitians saie,
yet would I choose, how ere I them belieue,
To weare *Leekes* rather on Saint *Davids* day,
Then eat the *Leekes* vpon Saint *Davids* Eue,
The bleeding at the nose *Leekes* iuice will stay,
And women bearing children, much releuee,
¶ *Blacke Pepper* beaten grosse you good shal find
If cold your stomacke be, or full of wind:
wher *Pepper* helps the cough, & fleame it riddeth,
And *Agnes* Fit to come it oft forbiddeth.

Our

THE SALERNE SCHOOLE.

Our *Hearing* is a choyce and dainty sence,
And hard to mend, yet soone it may be mard,
These are the things that breed it most offence,
To sleepe on stomacke full, and drinking hard :
Blowes, fals, and noise, and fasting, violence,
Great heat, and sudden cooling afterward :
All these as is by sundry proofes appearing,
Breed tingling in our eares, and hurt our hearing:
Then thinke it good aduice, not ydle talke,
That after supper bids vs stand or walke.



You heard before what is for hearing naught,
Now shall you see what hurtfull is for sight :
Wine, women, bathes, by art or nature wrought,
Leeks, *Onions*, *Garlicke*, *Mustard-seed* fire & light :
Smoake, Bruises, dust, *Pepper* to powder brought,
Beans, *Lentils* strains, *Wind*, *Tears*, & *Phœbus* bright,
And all sharpe things our eie-sight do molest :
Yet watching hurts them more then all the rest.
¶ Of *Fennell*, *Vernin*, *Kellidon*, *Roses*, *Rew*,
Is water made, that will the sight renew.

THE SALERNE SCHOOLE.

If in your teeth you hap to be tormented,
By meane some litle wormes therein do breed,
Which paine (if heed be tane) may be preuented,
By keeping cleane your teeth, when as you feede :
Burne Francomsence, (a gum not euill sented)
Put Hen-bane vnto this, and Onyon-seed,
And with a Tunnell to the tooth thats hollow,
Conuey the smoke thereof, and ease shall follow.
¶ By Nuts, Oyle, Eeles, and cold in head,
By Apples and raw fruites, is hoarsnes bred.



To shew you how to shun raw running Rheumes,
Exceed not much in meate, in drinke, and sleepe,
For all excesse is cause of hurtfull fumes, (keep
Eate warme, broath warme, strieve in your breth to
Vse exercise, that Vapors ill consumes,
In Notherne winds abroad do neuer peepe.
¶ If *Fistula* do rise in any part,
And so procure your danger, and your smart,
Take *Arsnicke*, Brimstone, mixt with lime & sope
And make a Tent, and then of cure theres hope.

THE *SALERNE* SCHOOLE.

If so your head do paine you oft with aking,
Faire water, or small beere drinke then or neuer,
So may you scape the burning fits and shaking,
That wonted are to company the Feuer :

¶ If with much heat your head be in ill taking,
To rub your head and Temples still perseuer,
And make a bath of Morrell (boyled warme)
And it shall keepe your head from further harm.

¶ A Flix a dangerous euill is, and common,
In it shun cold, much drink, & strains of women.



To fast in Summer doth the body drie,
Yet doth it good, if you thereto invre it,
Against a surfer, vomitting to try,
Is remedy, but some cannot indure it :
yet some so much themselues found help thereby,
They go to sea a purpose to procure it.

¶ Foure seasons of the yeare there are in al,
The *Summer*, and the *Winter*, *Spring* and *Fall* :
In every one of these, the rule of reason,
Bids keepe good dyet, suting every season.

THE SALERNE SCHOOLE.

The *Spring* is moist, of temper good and warme,
Then best it is to bath, to sweat, and purge,
Then may one ope a vaine in either arme,
If boyling bloud or feare of Agues vrge,
Then *Venus recreation* doth no harme,
Yet may too much thereof turne to a scourge.
In Summers heat (when choller hath dominion)
Coole meats and moyst are best in some opinion
The *Fall* is like the *Spring*, but enderth colder,
With wines and spice the winter may bee bolder.



Now if perhaps some haue desire to know,
The number of our bones, our teeth, our veynes
This verse ensuing plainly doth it shew,
To him that to obserue it taketh paines:
The Teeth thrice ten, and two twice eight a row
Eleuenscore bones saue one in vs remains:
For veynes that all may vaine in vs appeare,
A vaine we haue for each day in the yeare:
All these are like in number and connexion,
The difference growes in bignes and complexion

Four

THE SALERNE SCHOOLE.

Four *Humors* raigne within our bodies wholly,
And thele compared to foure Elements,
The *Sanguin*, *Choller*, *Flegme*, and *Melancholly*,
The later two are heauy, dull offence,
The tother are more Iouiall, quicke, and Iolly,
And may be likened thus (without offence)
Like ayre both warme and moyst, is *Sanguin* clear,
Like fire doth *Choller* hot and dry appeare,
Like water, cold and moist (is *Flegmatique*)
The *Melancholy* cold, dry earth is like.



Complexions cannot vertue breed or vice,
Yet may they vnto both giue inclination,
The *Sanguin* gamesome is, and nothing nice,
Loues wine, and women, and all recreation,
Likes pleasant tales, and newes, plaies cards and
Fit for all company, and euery fashion : (dice,
Though bold, not apt to take offence, nor irefull,
But bountifull and kind, and looking chearefull :
Inclining to be fat, and prone to laster, (after,
Loues myrth, and Musick, cares not what comes

THE S A L E R N E S C H O O L E.

Sharpe *Choller* is an humour most pernicious,
All violent, and fierce, and full of fire,
Of quicke conceit, and therewithall ambitious,
Their thoughts to greater fortunes still aspyre,
Proud, bountifull enough, yet oft malicious,
A right bold speaker, and as bold a lyer.
On little cause to anger great inclin'd,
Much eating still, yet euer looking pin'd,
In younger yeares they vse to grow apace,
In Elder hayry on their breast and face.



The *Flegmatique* are most of no great growth,
Inclining rather to be fat and square,
Giuen much vnto their ease, to rest and sloth,
Content in knowledge to take little share,
To put themselves to any paine most loth,
So dead their spirits, so dull their senses are:
Still either sitting like to folke that dreame,
Or else still spitting, to avoid the flegme,
One quality doth yet these harmes repayre,
That for most part the *Flegmatique* are fayre.

The

THE *SALERNE* SCHOOLE.

The *Melancholy* from the rest do varry,
Both sport, and ease, and company refusing,
Exceeding studious, euer solitary,
Inclining pensive still to be, and musing,
A secret hate to others apt to carry:
Most constant in his choise, tho long a choosing;
Extream in loue sometime, yet seldome lustfull,
Suspicious in his nature, and mistrustfull.
A wary wit, a hand much giuen to sparing,
A heauy looke, a spirit little daring.



Now thogh we giue these humors seuerall names,
yet all men are of all participant,
But all haue not in quantity the same,
For some (*in some*) are more predominant,
The colour shewes from whence it lightly came;
Or whether they haue blood too much or want.
The wary Flegmatique are fayre and white,
The Sanguin, Roses ioyn'd to Lillies bright,
The Chollericke more red : The *Melancholy*,
Alluding to their name are swart and colly.

THE S. ALERNE SCHOOLE.

If *Sanguin* humour do too much abound,
These signes will be thereof appearing cheefe,
The face will swell, the cheeks grow red & round
With staring eies, the pulse beat soft and breefe,
The vaines exceed, the belly will be bound,
The Temples, and the fore-head full of grieve,
Vnquiet sleeps, that so strange dreames will make
To cause one blush to tell when he doth wake:
Besides the moysture of the mouth and spittle,
Will tast too sweet, and seeme the throat to tickle



If *Choller* do exceed, as may sometime,
your eares will ring and make you to be wakefull,
your tongue will seeme all rough, and oftentimes
Cause vomits, vnaccustomed and hatefull,
Great thirst, your excrements are full of slime,
The stomacke squeamish, sustenance vngratefull,
your appetite will seeme in nought delighting,
your hart still greened with continuall byring,
The pulse beat hard and swift, all hot, extreame,
your spittle soure, of fire-worke oft your dreame.

If

THE S^ALERNE SCHOOLE.

If *Flegme* abundance haue due limits past,
These signes are here set downe wil plainly shew,
The mouth will seeme to you quite out of tast,
And apt with moisture still to ouerflow;
your sides will seeme all sore downe to the wast,
your meat wax loathsome, yout digestion slow,
your head and stomacke both in so ill taking,
One seeming euer griping, tother aking:
With empty vaines, the pulse beat slow and soft,
In sleepe, of Seas and Ryuers dreaining oft.



But if that dangerous humor ouer-raigne,
Of Melancholy, sometime making mad,
These tokens then will be appearing plaine,
The pulse beat hard, the colour darke and bad:
The water thin, a weake fantasticke braine,
False-grounded-joy, or else perpetuall sad,
Affrighted oftentimes with dreames like visions,
Presenting to the thought ill apparitions,
Of bitter belches from the stomacke comming,
His eare (the left especiall) euer humming.

Against

THE S. A L E R N E S C H O O L E.

Against these feuerall humors ouerflowing,
As feuerall kinds of Physicke may be good,
As diet-drink, hot baths, whence sweat is growing
With purging, vomiting, and letting blood :
Which taken in due time, nor ouerflowing,
Each Malladies infection is withstood,
The last of these is best, if skill and reason.
Respect age, strength, quantity, and season,
Of seuenty from seventeene, if blood abound,
The opening of a vaine is healthfull found.



Of *Bleeding* many profits grow, and great,
The spirits and sences are renewed thereby,
Thogh these mend slowly by the strength of meat
But these with wine restor'd are by and by :
By bleeding, to the Marrow commeth heat,
It maketh cleane your braine, releeueth your eie,
It mends your appetite, restoreth sleepe,
Correcting humors that do waking keepe :
All inward parts and sences also clearing,
It mends the voyce, touch, smel, & tast, & hearing
Three

THE SALERNE SCHOOLE.

Three speciall Months, September, Aprill, May,
There are in which tis good to ope a vein,
In these 3. months the Moon bears greatest sway,
Then old or young, that store of blood containe,
May bleed now, though some elder wizards say,
Some daies are ill in these, I hold it vaine:
September, Aprill, May, haue daies a peece,
That bleeding do forbid, and eating Geese,
And those are they forsooth of May the first,
Of rother two, the last of each are worst.



But yet those daies I graunt, and all the rest,
Haue in some cases iust impediment,
As first, if nature be with cold oppress,
Or if the Region, Ile, or Continent
Do scorch or freez, if stomacke meat detest;
If *Baths*, or *Venus*, late you did frequent,
Nor old, nor young, nor drinkers great, are fit,
Nor in long sicknes, nor in raging fir.
Or in this case if you will venture bleeding,
The quantity must then be most exceeding.
When

THE SALERNE SCHOOLE

When you to bleed intend, you must prepare
Some needfull things both after and before,
Warre water, and sweet oyle, both needfull are,
And wine the fainting spirits to restore,
Fine binding cloths of Linnen, and beware,
That all that morning you do sleepe no more,
Some gentle motion helpeth after bleeding,
And on light meats a spare and temperat feeding
To bleed, doth cheare the pensue, and remoue
The raging furies bred by burning loue.



Make your incision large, and not to deepe,
That blood haue speedy yssue with the fume,
So that from sinnewes you all hurt do keepe,
Nor may you (as I toucht before presume)
In six ensuing houres at all to sleepe,
Lest some slight bruise in sleep cause an apostume
Eat not of milke, nor ought of milk compounded;
Nor let your brain with much drink be cōfounded
Eat no cold meats, for such the strength impayre,
And shun all misty and vnwholesome ayre.

Besides

THE SALERNE SCHOOLE.

Besides the former rules for such as pleases,
Of letting blood to take more obseruation,
Know in beginning of all sharpe diseases,
Tis counted best to make euacuation :
To old, to young, both letting blood displeases,
By yeares and sicknes make your computation,
First in the Spring for quantity, you shall,
Of blood take twice as much as in the fall :
In Spring and Summer, let the right arm blood,
The Fall and Winter for the left are good.



The *Hart*, and *Lyuer*, Spring & Summers bleeding
The Fall and winter hand and foot doth mend,
One vaine cut in the hand doth helpe exceeding,
Vnto the Splene, voice, brest, and Intrailes lend :
And swages griefes that in the hart are breeding,
But here the *Salerne Schoole* doth make an end :
And heere I cease to write, but will not cease
To wish you liue in health, and die in peace :.
And ye our Physicke rules that friendly read,
God graunt that Physicke you may neuer neede.

FINIS.